

## ABSTRACT

The present invention is directed to a method of training an exercise participant that satisfies the following needs: it allows any participant to gradually increase his level of exertion when exercising; it motivates a participant to be physically active based on a rewards system; it prevents a participant from over-exerting himself; and it provides a participant with an exercise system that can be used with other dietary point systems. The method of exercising an exercise participant comprises the steps of first providing a participant with an activity chart so that the participant can determine a fitness level, then assigning a daily cardio exercise fitness number to the participant that is based on the participant's fitness level, wherein the cardio exercise fitness number will determine what cardio exercises the participant is to perform, then assigning a daily resistance exercise fitness number to the participant that is based on the participant's fitness level, wherein the resistance exercise fitness number will determine what resistance exercises the participant is to perform, then instructing the participant to perform cardio exercises a predetermined amount of days per week, the number of days being determined by the participant's fitness level, and lastly, instructing the participant to perform resistance exercises a predetermined amount of days per week, the number of days being determined by the participant's fitness level.